

Obesity Prevention Efforts in Washington State

Presented by:

The Diabetes, Nutrition and Physical Activity Section of the
Washington State Department of Health

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DOH Obesity Efforts

- In 2001, DOH was funded by CDC to fund Nutrition and Physical Activity Programs to Prevent Obesity and Chronic Diseases



Centers for Disease Control and Prevention

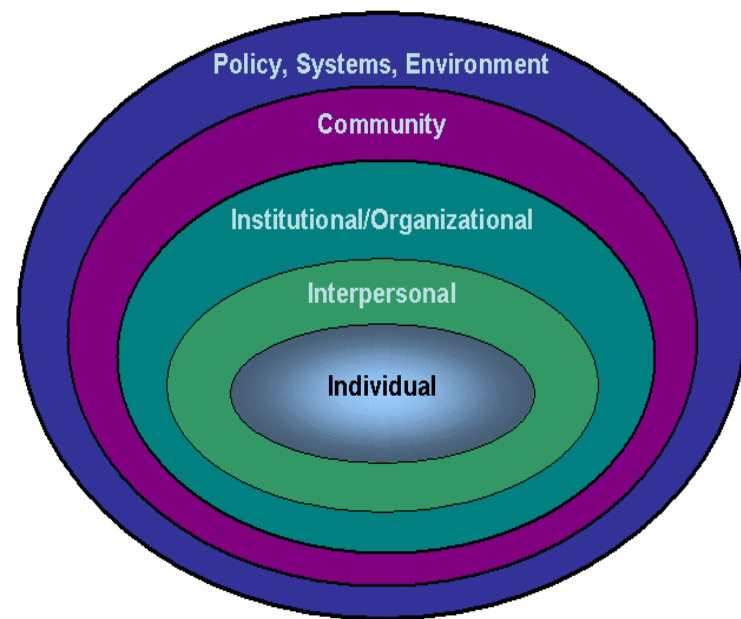


Diabetes, Nutrition and Physical Activity Section

- This section houses the obesity work at DOH and also includes:
 - ◆ Diabetes Prevention Program
 - ◆ 5 A Day
 - ◆ Basic Food Nutrition Education Program
 - ◆ Physical Activity

Washington State Nutrition and Physical State Plan

- Based on the Socio-ecological model
- Plan focuses mainly on policy, systems, and environment
- Future editions will focus on other levels of the model
- Developed with input from the Nutrition and Physical Activity Advisory Group



How Does the Plan Address Childhood Obesity

■ Nutrition objectives:

- ◆ Increase access to health promoting foods
- ◆ Reduce hunger and food insecurity
- ◆ Increase the proportion of mothers who breastfeed their infants and toddlers

How Does the Plan Address Childhood Obesity

■ Physical Activity Objectives

- ◆ Increase the number of people who have access to free or low cost recreational opportunities for physical activity
- ◆ Increase the number of physical activity opportunities available to children
- ◆ Increase the number of active community environments

Partnering With Other Agencies

- Child obesity prevention will require collaboration and teamwork
- Currently, DOH is working with OSPI, MCH, WIC, WSDA, CTED, DSHS, DOT, Universities, Local Health Departments, Health Care Organizations, Parks and Recreation Departments, Childcare Providers, Advocacy Organizations, School Districts, Cities, Communities, and others



Implementing the Plan

- Pilot the State Nutrition and Physical Activity Plan in a community
 - ◆ The City of Moses Lake is piloting strategies from the state plan
- Collaborating partners have been asked to incorporate the plan into their working environment
- DOH will track implementation and activities that occur as a result of the plan
- DOH will continue to revise the plan and build it into a comprehensive document that addresses nutrition and physical activity at every level

Future Activities

- Continue implementation
- Launch the State Plan
 - ◆ June 2nd and 3rd
- Work in more communities if funding is available
- Gather more partners
- Continue to promote policy and environmental changes to increase physical activity and healthy eating.